

Food with Care

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Surprising Portions in CACFP

CACFP meal pattern requirements include food components and quantities that must be served for each meal. The meal pattern requirements for children ages 1-12 are found on page 2-10 in the Center CACFP Ten Steps to Success Manual.

What is a Serving Size?

The minimum serving sizes listed on the meal pattern must be placed on the table at the beginning of the meal service for each child according to age.

Serving Enough of Creditable Foods

Review the required serving sizes of all foods when planning menus to determine whether they are realistic for children to consume. Some creditable foods tend to be problematic when providing the required serving sizes. Several examples follow:

Carrot Sticks Serving Sizes for Snack

Ages	1-2	3-5	6-12
	years	years	years
Serving	½ cup	½ cup	3/4 cup
Sizes	1	1	1

To serve the $\frac{1}{2}$ cup minimum serving size, six (6) strips, 4 inches by $\frac{1}{2}$ inch must be served on the table at the beginning of the meal for <u>each</u> 1-5 year old. Nine sticks of the same size would be required for each 6-12 year old.

It may be difficult for children to consume this amount of carrot sticks or other raw, fresh vegetables. Consider serving a variety of fresh vegetables as a vegetable platter to total $\frac{1}{2}$ or $\frac{3}{4}$ cup for snack time or

serving fresh vegetables at lunch where the portion size can be $\frac{1}{6}$ - $\frac{3}{6}$ cup or serve $\frac{1}{2}$ juice and $\frac{1}{2}$ fresh vegetables at snack to equal the $\frac{1}{2}$ cup or $\frac{3}{4}$ cup required serving size.

Serving the required amount of peanut butter or cheese in a sandwich is difficult at lunch.

Peanut Butter Serving Sizes for Lunch

Ages	1-2 years	3-5 years	6-12 years
Serving Sizes	2 Tbsp.	3 Tbsp.	4 Tbsp.

Three tablespoons of peanut butter must be put on ½ slice of bread to serve the minimum serving size for each 3-5 year old child. If a sandwich is made using two slices of bread with 3 Tablespoons of peanut butter, cut in half and only half a sandwich is served for each 3-5 year old, 1½ Tablespoons and one slice of bread would be provided. The meat/meat alternate (peanut butter) is insufficient and the grain/bread serving size is exceeded.

Consider serving peanut butter at snack where less is required. If served at lunch, serve an additional meat/meat alternate so the two sources combine to equal the total ounce requirement (1, 1½ or 2 ounces).

Cheese Serving Sizes for Lunch

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Ages	1-2 years	3-5 years	6-12 years	
Serving	1 ounce	1½ ounce	2 ounces	
Sizes				

Generally cheese purchased is pre-sliced. Carefully read the label and calculate how much each slice weighs. For example, if 5 pounds of cheese is purchased and the label states there are 120 slices, how much does each slice weigh? Calculate the weight of each slice by converting pounds to ounces, (multiply 5 lbs times 16 ounces number of ounces per pound which equals 80 ounces.) Divide the total ounces by the number of slices stated on the cheese label, 80 ÷ 120 = .67 ounce per slice.

With this cheese example, the following number of slices would have to be in each child's cheese

sandwich to provide their minimum serving size requirements:

- 1½ slices for the 1-2 year old,
- 21/4 slices for the 3-5 year old and
- 3 slices for the 6-12 year old.

If the cheese you are using is a cheese food or cheese spread, you must double the CACFP serving size making it even more difficult to meet the required portion size.

To make the serving size realistic, serve one slice of cheese and additional meat/meat alternate to total the required amount, or serve cheese at snack where a smaller serving is required.

Grains/Breads Serving Sizes for all Meals

Refer to the Grains/Breads Serving Size Chart in the Handy Guide to Creditable Foods to determine the required weight for a ½ serving and 1 serving.

Grains/Breads	1-5 years	6-12 years
Serving Sizes	½ serving or slice	1 serving or slice
Group DToaster Pastry, UnfrostedGranola Bars, Plain	25 grams (½ pastry) (¾ bar)	50 grams (1 pastry) (1¼ bars)
Group E Toaster Pastry, Frosted Granola Bars, with nuts, raisins, chocolate pieces, and/or fruit	31 grams (¾ pastry) (1 bar)	63 grams (1¼ pastries) (2 bars)
Group F Cake, Plain, unfrosted	38 grams	75 grams
Group E Brownies, Plain Cake, Plain, All varieties, frosted	58 grams	115 grams

The serving size of the grains/breads products increases when proportionally less flour is used in the recipe, additional items such as chocolate chips have been included or frosting is added. Note the very large portion required for brownies and frosted cake. This translates to a ½ pound serving for the 6-

12 year olds. If the sweet food is served, consider serving a smaller portion as an extra food in addition to a nutritious reimbursable snack. CACFP requires limiting sweet grain/breads to twice a week at snack.

To calculate the number of servings required divide the number of grams in the required serving size (from the Grains/Breads chart) by the weight in grams of the serving size listed on the Grains/Breads Nutrition Facts label. Some calculated serving sizes are listed on the last page of the Handy Guide to Creditable Foods. (p. 2-18 of the CACFP Manual)

Staff Training

Plan to include hands-on activities for staff training to calculate required serving sizes especially for questionable foods so that meals will meet CACFP requirements.

Melamine and Infant Formula in the United States

Overview:

An Associated Press (AP) article released on November 25, 2008, reports detection of trace amounts of melamine in infant formula sold in the United States. Melamine is the chemical previously found in Chinese infant formula – albeit in far larger concentrations than found in U.S. infant formula – that has been blamed for killing at least three babies and making at least 50,000 other babies ill. As a result of the melamine contamination of Chinese infant formula, the Food and Drug Administration (FDA) began testing United States manufactured infant formula for melamine detection.

Points raised in the Nov. 25 Associated Press Article:

The article identifies the Mead Johnson product –
Enfamil LIPIL with Iron, and the Nestle product
 – Good Start Supreme Infant Formula, as having
detectable levels of melamine. While FDA tests
of infant formula from Abbott Nutrition did not
detect levels of melamine, Abbott reps did
confirm detection of melamine in their own inhouse company tests. Two nutritional
supplement products produced by Nestle

- Nutrition for medically-ill children, Nestle's Peptamen Junior and Nestle's Peptamen Junior with Fiber, also tested positive for melamine.
- The levels were so low (well below 1 part per million) that they do not pose a risk to the health of infants.
- Formula manufacturers report the melamine found in U.S. infant formula was not a deliberate addition and there have been no reports of illness from melamine in the United States.
- The FDA is the regulatory authority for determining the safety aspects of melamine. USDA's Food and Nutrition Service (FNS) relies on FDA's authority regarding any melamine safety aspects. At the present time, FDA has NOT determined any immediate health risk to the infants consuming formula sold in the United States.

Background:

(Taken from FDA's Information for Consumers, Frequently Asked Questions: www.fda.gov/oc/opacom/hottopics/melamine_qa.ht ml)

 Melamine is a small, nitrogen-containing molecule that has a number of industrial uses, including as a binding agent, flame retardant, and as part of a polymer in the manufacture of cooking utensils and plates, plastic resins, and components of paper, paperboard, and industrial coatings. Melamine is not approved for direct addition to human or animal foods marketed in the United States.



Outside School Hours Childcare Center (OSHCC) Versus At-Risk Afterschool Snack Program (ARASP)

OSHCCs and ARASPs are two specialized types of childcare centers designed to operate outside of normal school hours. However, OSHCCs and ARASPs have different rules to follow under the Child and Adult Care Food Program regulations. Those differences were identified in the January 2008 CACFP Food With Care Newsletter.

Because an ARASP must be located within a school attendance area that has 50 percent or more free and reduced-price eligible children, you must notify the State Agency (SA) if you change the location (address) of an ARASP in order to determine if the new location is within an eligible school area.

If the new location is within an eligible area, the center may continue as an ARASP. Update your online site information and notify the SA to review and approve the site.

If the new location is not within an eligible area, the center must be terminated as an ARASP, but you may submit a new site application as an OSHCC. Contact the SA if you wish to add a new OSHCC.



CACFP Training Opportunities

Steps to CACFP Success



The Steps to CACFP Success workshop includes basic requirements for CACFP participation with sections on the topics you need to know to

administer the CACFP. Attend one or more sections that fit you or your staff's CACFP job duties and learning needs.

Attendance at the "Steps to CACFP Success" workshop is encouraged when CACFP staff responsibilities change or for new staff members with CACFP responsibilities.

Registration materials and session descriptions are available online at:

http://www.iowa.gov/educate/content/view/1458/866/index.php?option=com_docman&task=doc_downlo_ad&gid=5783 Send in the registration form by mail, fax, or e-mail. ICN site locations are subject to change.

ICN originating in Des Moines

• 3/25/09 and 6/16/09 • 8:00 a.m.- 4:30 p.m.

Other CACFP Workshops

Mark Your Calendar for:

4/22/09 • How to Use the Food Buying Guide 4/23/09 • Feeding Kids Well for Less 6/25/09 (tentative) Team Nutrition Workshop Held at Iowa State University by invitation only

6/25/09 • Infant Nutrition 6/26/09 • Preschool Nutrition

Held at the DMACC Ankeny Campus in conjunction with the Iowa Department of Health WIC Program

7/8/09 - 7/10/09 • CACFP Summer Short Course

Location to be determined – tentative agenda:

Day 1-How to Use the Food Buying Guide

Day 2-Feeding Kids Well for Less

Day 3-Food Safety and Sanitation

Winter Squash: Rich Source of Flavor and Nutrients



Did you know that winter squashes (Cucurbita) are botanically classified as fruits? Hailing from the gourd family, winter squash is the name given to those cucurbits that develop tough skins, which allow them to be stored and kept over the winter. There is a great variety of these squashes coming in a variety of whimsical shapes and surfaces: from squat and round to fluted and ovoid to gnarled and warty. While they differ in size, shape, color and density, nearly all winter squash have savory yellow or orange flesh providing a bounty of nutrition benefits.

Nutrition Benefits: Winter squash is low in calories, is fat free and cholesterol free. Winter squash provide good (10-20 % daily value) to excellent (greater than 20% daily value) sources of Vitamin A, beta-carotene, potassium, Vitamin C and fiber.

How to select and store: Winter squash is harvested when fully mature in September or October. It is widely available until late winter. Select a hard, tough rind with the stem attached. You want the rind to be dull; a shiny rind may indicate that the squash was harvested too early and may not have the full sweetness of a mature squash. Select a squash which is heavy for its size – this means plenty of edible flesh. Winter squash can be kept as long as three months or longer in a cool, dry place with plenty of ventilation. Squash stores best with part of the stem still attached to help retain its moisture. Cut squash may be kept in the refrigerator for up to one week if wrapped tightly. Cooked squash can be stored in an airtight container in the refrigerator for 4 to 5 days. Frozen cooked squash stays fresh for up to a year.

How to use: Squash is quite simple to prepare. You can bake, boil, steam or sauté. Baking brings out the sweetness in the squash and also saves the betacarotene content. Boiling is faster than steaming but boiling can dilute the flavor of the squash and cause

some nutrient loss. Always wash the winter squash. If the rind is too hard to cut, pierce the squash and microwave for few minutes until the rind softens. Then cut and finish cooking the squash. Here are some varieties of squashes found in Iowa:

Acorn: Shaped like an acorn, with a smooth skin which is dark green, orange or a splashy mixture of the two. A cup



of cooked acorn squash provides 26% of the Daily Value for potassium, 36% fiber, 20% vitamin B6 and 20% magnesium, 20% thiamin, 20% of vitamin A and 40% vitamin C.

Butternut Squash: This buff-skinned squash has a long, straight solid neck and a round bottom that



contains the seeds. Butternut squash gets better with age, becoming sweeter and flavorful after picking. A cup of cooked butternut squash

provides 457% of the daily value for vitamin A as beta-carotene and 52% of vitamin C.

Other squashes that are excellent sources of vitamin A are hubbard and pumpkin.

For more information on winter squash, recipes, word search and coloring activity go to:

http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/squash.htm

http://www.extension.iastate.edu/food/snackideas/pumpkin.pdf

Adult Day Services - MyPyramid for Older Adults

MyPyramid has been modified for Older Adults. It specifically emphasizes whole grains; variety within the grains group; variety and nutrient density; vegetables and fruits particularly suited to older adults' needs, low-



fat and nonfat dairy products including reduced lactose alternatives in the milk group; low saturated fat and trans fat choices in the oils group; and vegetable options in the meat and beans group.

The principles of the MyPyramid for Older Adults include focus on nutrient- and fiber-rich foods within each group, recommending food sources of nutrients rather than supplements, and use of fluid and physical activity icons. 1) The base of the pyramid has a row of pictures of various physical activities emphasize the need for regular physical activity, which is of vital importance given the high prevalence of physical inactivity in older adults. 2) In the second row is picture of glasses to remind older adults that it is crucial to remain well hydrated. 3)To highlight the possible need for supplemental forms of calcium, and vitamins D and B₁₂ a flag was placed at the top of the pyramid.

Research suggests that growing older does not mean you have to lose your strength and ability to do everyday tasks and the things you enjoy doing. Low impact physical exercises can help even many frail people improve their health and independence by increasing their physical activity.

Use the Modified MyPyramid for Older Adults for an activity at your adult day service. Physical activity and good nutrition are the right combination for good health for older adults. For more information go to:

http://nutrition.tufts.edu/docs/pdf/releases/ModifiedMyPyramid .pdf

Look What's New for Preschoolers

Use the NEW MyPyramid for Preschoolers to help preschoolers eat well, be active, and be healthy.



The new MyPyramid for

Preschoolers is for parents and caregivers of children 2 through 5 years. Information includes a customized MyPyramid plan for preschoolers, a customized growth chart, ways to develop healthy eating habits, physical activity suggestions, food safety messages and sample meal and snack patterns. The website, www.MyPyramid.gov offers in-depth information and advice on these new materials. There will be a wall poster that includes messages of MyPyramid for Kids and utilizes illustrations of preschool children, available to child care centers in late 2008. You will be able to order or download the poster from http://teamnutrition.usda.gov. In 2009 a mini-poster with tips for parents and caregivers, and fact sheets for lower literacy audiences on specific topic areas such as physical activity, developing healthy habits, picky eaters and meal patterns will also be available through Team Nutrition.

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables

Grow It, Try It, Like It! is a kit that consists of six booklets featuring three fruits- peaches, strawberries, and cantaloupe and three vegetables-spinach, sweet potatoes, and crookneck squash.

The booklets include: hands-on activities; planning activities; stories, songs, and video; MyPyramid for Preschoolers nutrition education activities; and home activities with parent/child activity sheets, familysized recipes, and tips for cooking with children. Other tools include: an overview booklet with teaching guide, arts and crafts, and other resources; MyPyramid for Kids Poster; DVD of Cool Puppy Pup video series; and a CD ROM of all materials plus "extras." The kit will be available for child care centers, pre-K, and Kindergarten to order or download in early 2009 from the Team Nutrition

Website: http://teamnutrition.usda.gov

Julia's Tidbits

The USDA Food and Nutrition Service (FNS) has recently announced the release of nutrition messages targeted for low-income mothers and children. The set of 16 core nutrition messages and supporting materials (such as tips and recipes) are in a new publication entitled, "Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices."

The materials were developed with input from 30 focus groups with low-income mothers and children. The messages and related key resources are designed to help low-income mothers and children meet key aspects of the 2005 *Dietary Guidelines for Americans*.

The messages focus on increasing consumption of fruits, vegetables and low-fat milk products (as age appropriate) and encourage mothers to engage in child feeding practice that promote development of healthy eating habits. There are complementary and reinforcing messages for children 8 to 10 years of age.

The Bureau encourages Iowa Sponsors to take a look at this new resource. It may be useful if you offer before or after school child care, as a resource for parents to reinforce habits you are helping to develop with younger children you have in your care, etc. This new publication is available on the USDA FNS website at

http://www.fns.usda.gov/fns/corenutritionmessages/default.html



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Department of Education's website has been renovated!!!

The Department of Education has updated it's website was at http://www.iowa.gov/educate.

The web address above will take you to the main page. To find specific information, we suggest using the search engine in the light blue shaded area to the upper left. If you want to see the Nutrition Programs section, select the underscored words "Nutrition Programs" under the PK-12 Education heading. (See Example A)



There is a quick link icon on the right hand column on website. (Example B). All you do is click once on the icon and you are connected the login website for the CNP2000 Program and ready to go.

